

**MM: So, thank you for joining us this morning, if I can please get you to give us an insight into who you are, your coaching background, and why you're currently doing your coaching, please.**

AS: Yeah. So, my name is Anna-Lena Swartz, I'm I'm forty-eight, I live in Sweden and in my town called Norshuping. My coaching background is that I started to coach women and kids really 2006. And then I've been in and out a bit of I was still a player then, so I was a player coach in the beginning. I coached my                    team and I also coached a bit of under fifteens mixed boys and girls. And then I've gone to coach a men's team in the highest division in Sweden. And yeah, we we just took silver medal actually. So that's, that was quite challenging period for me. So, I've been coaching this team. This men's team I've been coaching the last few years and it's been a hell of a journey.

**MM: I can imagine. I can imagine. How did you how did you make that transition into the men's game with the highest, highest level in Sweden?**

1:20 AS: I underestimated some some of the bits in it when you come. I also coached a men's team in their lower division and I underestimated, for instance, the power in scrums and the how you need to be technically more detailed, much more it's on a higher level, so you have to be more careful with their skills because they are quite good already. But on the other cases, on the other side of the coin, I also was happy to see that they have so much knowledge themselves. So we, we quite quickly built up a management group within the players so we could, some of the skill work and some of the faces of the play is very much player led and that has been a success factor for us.

**2:26 MM: Yeah. Do you have any formal coaching qualifications of the sport of rugby?**

AS: I do. I have a level two for rugby Europe's 7's coaching. And so that's my highest formal education.

**MM: Yeah. So, you mentioned it briefly. You kind of player coach in that transition. But what got you into coaching in the first place, what was it that appealed to you, interested you with coaching in the first place?**

AS: It was basically just that we lost, we lost a very good coach that we had at that time. And before we got that replacement on, we just decided to, to carry on and do it ourselves. So that's, that's basically how it started or of a lack of willingness to wait for a new coach, so we just. Yeah, so that's that's what, how it was. But then I quite quickly realized just how much I learned about the game by coaching it rather than playing it, so that was my drive actually, that was quite egoistic drive because I felt like I watched the game so differently as a coach, as to a player.

**MM: Yeah, yeah. And then that brings on this final question really in terms of the background and I know this is what's your biggest motivation to keep coaching and what keeps you interested and driven and committed to continue coaching?**

AS: I love feeling, it's a love-hate feeling and I love the game. I love rugby. I'm really, really passionate about the game. But I, I can't, I can't get away from the feeling that I love to be constantly challenged. So that's my I, I want to learn and come up with new

ideas and, and drive it forward. That's my. Sorry about that. That's, that's my real my strongest drive.

**MM: Yeah.**

AS: Keep, keep learning.

**MM: Yeah. Which then may bring us into the second phase of questions, which is around your coaching philosophy, your coaching approaches, your coaching ethos, the want of a better word. So, if you have to sum up, your coaching philosophy what would entail?**

4:57 AS: I have actually thought a lot about this with philosophy because in the more I coached, the more I realized that whatever the philosophy is, is where it water up all the ideas that you have and how you want to do it.

**MM: Absolutely, yeah my final question in this area of your coaching approaches, and I appreciate with the current pandemic, things might look slightly differently, but if we were to come and watch one of your sessions in delivery, you running a coaching session, what would that actually look like? How would we see this philosophy and practice? And what would a session with you working with your players look like?**

AS: Our framework is quite strict. So, we we always have warm up when

doing. So that go back to the philosophy, what am I

**MM: Yeah, absolutely. And then I've just got one more question if that's OK for you this morning?**

AS: Yeah.

**MM: I mean, you know, so you said you've been coaching since 2006.**